

# Observable Behavior Worksheet

When a challenging behavior occurs it often evokes an emotional response. However, if a behavior is going to be addressed with a behavior support, you first need to describe it in a way that someone else can observe, measure, and agree that the behavior has occurred.

In the exercise below, check yes or no by each sentence if the behavior meets the criteria of an observable and measurable behavior.

Yes    No

1.    ☐    ☐    Jamie acts immature.
2.    ☐    ☐    Sam bites his fingernails.
3.    ☐    ☐    Fred displays threatening behavior.
4.    ☐    ☐    Sean snaps his fingers
5.    ☐    ☐    Jerry wants his cards.
6.    ☐    ☐    Diane grunts.
7.    ☐    ☐    Jeremy yells much louder than people talk.
8.    ☐    ☐    Lisa listens carefully.
9.    ☐    ☐    Jim does not like light
10. ☐    ☐    Jim shuts light switches off.
11. ☐    ☐    Kate is disrespectful
12. ☐    ☐    Kate yells "NO" when asked to check her schedule
13. ☐    ☐    Jake loves attention.
14. ☐    ☐    Jake says "Hello" to everyone he sees.

In the space below, follow the last few examples of describing a behavior emotionally and then in observable and measurable terms.

15. ☐    ☐    \_\_\_\_\_
16. ☐    ☐    \_\_\_\_\_
17. ☐    ☐    \_\_\_\_\_
18. ☐    ☐    \_\_\_\_\_